



Blue Cheese Salad Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



32

CALORIES



32 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2 ounces cheese blue crumbled
- ☐ 2 tablespoons cider vinegar
- ☐ 8 ounce carton cream fat-free sour
- ☐ 1 garlic clove crushed
- ☐ 1 cup mayonnaise low-fat
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon salt

☐

1 tablespoon vegetable oil

Equipment

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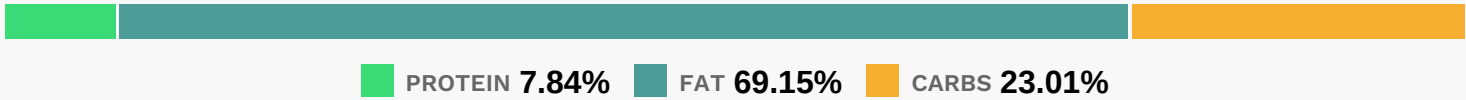
whisk

Directions

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Combine first 8 ingredients, stirring with a whisk. Stir in cheese. Cover and refrigerate at least 3 hours.

Nutrition Facts



Properties

Glycemic Index:4.19, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:0.73695652656581%

Nutrients (% of daily need)

Calories: 32.37kcal (1.62%), Fat: 2.49g (3.83%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 1.86g (0.62%), Net Carbohydrates: 1.85g (0.67%), Sugar: 0.29g (0.32%), Cholesterol: 3.09mg (1.03%), Sodium: 106.5mg (4.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.64g (1.27%), Vitamin K: 4.8µg (4.58%), Calcium: 19.45mg (1.94%), Phosphorus: 14.93mg (1.49%), Vitamin E: 0.2mg (1.32%), Selenium: 0.83µg (1.19%), Vitamin B2: 0.02mg (1.04%)